

*Welcome!*



My practice is dedicated to helping you resolve immediate concerns and stress and healing difficult issues. ♦ My office is a place to feel safe, heard, and validated. I work with you to increase clarity, confidence, and personal well-being. ♦ My practice includes adults, couples, professionals, and parents.

### Focus on Giftedness

The unique social and emotional challenges and risks of being a gifted individual or couple is a specialized focus within my practice. ♦ *As a community resource*, I consult with adults, couples, parents, and educators about the many facets of being gifted and of living or working with a gifted person. ♦ *As a therapist*, I provide gifted clients with appropriate support and strategies to address their unique emotional and social needs. I help them understand and manage their special blend of gifts and unique social-emotional challenges.



As a licensed therapist and a Doctor of Education, I offer a unique blend of expertise, experience, and resources to my clients.

*Martha Elin Mountain*

Licensed Marriage and Family Therapist #44689  
Doctor of Education

- ♦ Psychotherapy
- ♦ Counseling
- ♦ Consultation
  
- ♦ EMDR Therapist
- ♦ Jungian Sandplay Therapist
- ♦ Giftedness Consultant



### Concerns

anxiety, mood,  
attention, performance  
stress, sensitivity, intensity,  
relationships, communication,  
perfectionism, self-sabotage,  
motivation, parenting,  
trauma, transitions

*831.624.5773*

[www.therapyforgifted.com](http://www.therapyforgifted.com)  
[www.drmarthaelin.com](http://www.drmarthaelin.com)  
[MEMdocMFT@gmail.com](mailto:MEMdocMFT@gmail.com)

*Gifted and  
Talented*

*Individuals • Couples*

**Consultation • Therapy**

*Martha Elin Mountain*

Licensed Marriage and Family Therapist  
Doctor of Education  
Professional Resource to  
Gifted Adults, Couples, Families



*831.624.5773*

26465 Carmel Rancho Blvd. #3 • Carmel  
[www.therapyforgifted.com](http://www.therapyforgifted.com)  
[www.drmarthaelin.com](http://www.drmarthaelin.com)

## The Uniqueness of Gifted Individuals

Gifted individuals experience life in ways that are qualitatively different from most people. Their advanced creative or intellectual capacities and their sensitivities give rise to emotional depth and intensity; they not only **think** differently but also **feel** differently than others do.

In a culture that values “sameness,” gifted adults and children may feel out of place. They might not feel understood for their curiosity, drive, sensitivity, nonconformity, quest for perfection, and their search for justice and meaning. As a result, gifted individuals may point a critical finger at themselves: “What’s wrong with me? Why can’t I be like everybody else? Why don’t I feel happy? How can I be accepted? Will I ever feel normal”?

**Certain gifted traits are often mistaken for learning disabilities, immaturity, or behavior problems.** Frequently, the very traits that make someone gifted are the ones that others want the person to suppress or to give up. **Gifted adults who have learned to deny their giftedness** have spent years hiding their natural tendencies for creative and intellectual expressions. The result may be frustration, boredom, lack of fulfillment, loneliness, resentment, low self-esteem, and/or depression.

### Common Myths About Giftedness:

- ◇ *Myth: Giftedness depends on IQ.*
- ◇ *Myth: A bright mind makes its own way.*
- ◇ *Myth: Gifted children become eminent adults.*
- ◇ *Myth: Gifted people do well in all areas.*
- ◇ *Myth: High achievers are the gifted learners.*
- ◇ *Myth: “Smart” and “gifted” are the same.*
- ◇ *Myth: Giftedness means being motivated to work hard.*
- ◇ *Myth: Gifted children are better adjusted and happier, and more popular than “average” children*

### Giftedness in children can mask or be masked by other difficulties:

- ◇ *Boredom with lack of intellectual challenge may lead to underachievement.*
- ◇ *High intensity and need for stimulation may lead to misdiagnoses as behavioral, educational, or mental health issues.*
- ◇ *Exceptional talent in one area might mask learning disabilities in another area.*
- ◇ *Asynchronous development of emotional, intellectual, or social skills may lead to difficulty fitting in or to feeling out of step with peers.*

## Good Professional Support Is A Resource That Doesn’t End

Gifted adults, couples, and parents of gifted children seek professional guidance for many reasons. Consultation, preventive maintenance, assessment, and/or therapy can all be useful in managing the challenges that come with giftedness. A therapist, with expertise in the unique emotional and social needs and challenges of gifted individuals, can serve as guide, advocate, or anchor point for clients seeking support.

**MarthaElin Mountain, Ed.D., MFT** offers consultations for adults, professionals, and parents regarding issues of giftedness. She shares her expertise regarding the implications of giftedness for mental health and offers practical guidance and resources. She helps individuals become comfortable with themselves, their gifts, and their place in the world.

**Dr. Mountain guides couples** living with the unique challenges that giftedness brings to relationships.

**She provides consultation for parents of accelerated children** to help them understand and manage their child’s complex social and emotional needs for optimal development and well-being.

[www.therapyforgifted.com](http://www.therapyforgifted.com)

*“No bird soars too high if he soars with his own wings.”* Friedrich Nietzsche